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Children's Mental Health Week

5-11 February 2024

Next week (5-11 February) is Children's Mental Health Week, a national mental health awareness week aiming to empower, equip and give a voice to children and young people in the UK. This year's theme is My Voice Matters.

Please find below details of a wide range of resources and learning sessions aimed at professionals working with children and young people, plus resources for children and families themselves.

Place2Be - My Voice Matters

Place2Be is a children and young people's mental health charity with almost 30 years' experience working with pupils, families and staff in UK schools. Engaging resources are free to download from their dedicated [Childrens Mental Health Week website](#).



These include [tips for children, young people and parents and carers](#) on talking about mental health, all written by children and young people, plus some excellent resources for [primary schools](#) and [secondary schools](#).

Trafford Thrive newsletter

This brilliant [anti-stigma newsletter](#) produced by Trafford Thrive gives a great snapshot of some of the services available in Trafford to support children's mental health, alongside thoughts and reflections from young people about this year's theme.

THRIVE NEWSLETTER

NHS Manchester University
1813 Foundation Trust

Trafford Thrive in Education
"Supporting you to thrive ... your way"

Place2Be's CHILDREN'S MENTAL HEALTH WEEK
8-11 FEB 2024

CHILDREN AND YOUNG PEOPLE'S MENTAL HEALTH WEEK
CYP's mental health week is Monday 5th - Sunday 11th February with the theme 'My Voice Matters'.

MY VOICE MATTERS!

OUR VOICE MATTERS!

WHAT'S IT ALL ABOUT?
Check out this video outlining this years theme of 'My Voice Matters' by Place2Be

TRY THIS
There are lots of ways that your voice can be heard. This may be at school as a wellbeing ambassador, or being part of the student council.

THINK ON THIS
Have there been times when you feel like your voice hasn't been heard? What do you think it would feel like to be heard?

Kooth.com online counselling for children and young people

[Kooth](#) are offering schools and colleges a 30-minute session – My Voice Matters - to stream live to students. The session will encourage them to consider why their voice matters, why other people's voices matter and the value of effective communication.



These will take place on [5, 7 & 9 Feb at 10am and 2pm](#)

You can also request a recording of the session if you cannot tune into the live stream.

Kooth can also offer free, in-person visits to schools and colleges to deliver a bespoke mental wellness assembly or staff training. Please contact Rachael Richards at rrichards@kooth.com for more information.

CAMHS – lunch & learn

As part of Children and Young Peoples' Mental Health week, Trafford CAMHS are offering places on two lunch and learn workshops. These will cover:

- What is self-harm
- Validating young people's voices and emotions
- Confidentiality
- How to support the young person
- Advice on safer self-harm

The workshops will be facilitated by Trafford CAMHS focusing on hearing and holding a young person voicing their emotional distress and risk of self-harming.

Dates/ times as follows - to reserve a place please email mark.coates@trafford.gov.uk

- Monday 5 February 12.30 - 13.15
- Wednesday 7 February 12.30 - 13.15

**Trafford CAMHS (formerly
Healthy Young Minds
Trafford)**



Mental Health and Emotional Wellbeing padlet

Please also take a look at the [Trafford Thrive Mental Health and Emotional Wellbeing padlet](#), which is a comprehensive and up-to-date online guide to all Trafford's mental health and wellbeing support.

Information is themed as follows in a simple and easy to use way:

- Information and resources
- I need information and advice
- I need someone to talk to
- I need more help

This is an [excellent new resource](#) packed with useful information all in one place - please do familiarise yourself with it and spread the word with families, young people and other professionals.

The image shows a screenshot of a Padlet board titled "I Need Information & Advice". The board features four resource cards:

- Trafford Talkshop:** A card with a colorful background showing silhouettes of people jumping. It includes the text "Trafford Talkshop", "trafforddirectory.co.uk", and "Trafford Directory | * Trafford Talkshop". Below this, it states: "Talkshop is an advice, support and information centre for young people aged 11 to 19 (up to 25 with additional needs or care leavers)."
- Parenting Smart:** A card with a light green background and an illustration of two women. It includes the text "parentingsmart.place2be.or...", "Place2Be: Parenting Smart: Articles", and "Parenting advice from children's mental health expert".
- Fear Less:** A card with a white background featuring the Trafford coat of arms. It includes the text "TRAFFORD", "trafford.citizenspace.com", "Triple P: Fearless", and "A cognitive-behavioural parenting intervention delivered online that supports parents to help children manage their anxiety more effectively. You can get free access by completing this questionnaire."
- Silver Cloud:** A card with a white background and a photo of a family. It includes the text "SilverCloud by NAMI?", "Is your child or teenager struggling with worry or anxiety?", "PDF", "GM SilverCloud Parents Poster", and "Programmes to support parents and carers with anxious children and young people aged 12 - 18 years".

GM School Readiness programme

Colleagues from across the Early Years system have developed the Greater Manchester (GM) 10 Top Tips for Thriving, which will be launched during Children's Mental Health Week.

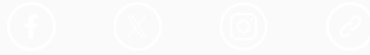
These are aimed at parents, communities and Early Years practitioners and offer practical tips and examples of simple things that we can all do to support children's social emotional development and wellbeing in the early years. [Find out more and read the 10 Top Tips for Thriving here.](#)



Social Media

And finally, keep an eye on Trafford's social media during the week, where we will be

sharing information about the range of services on offer in Trafford to support children and young people's mental health.



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